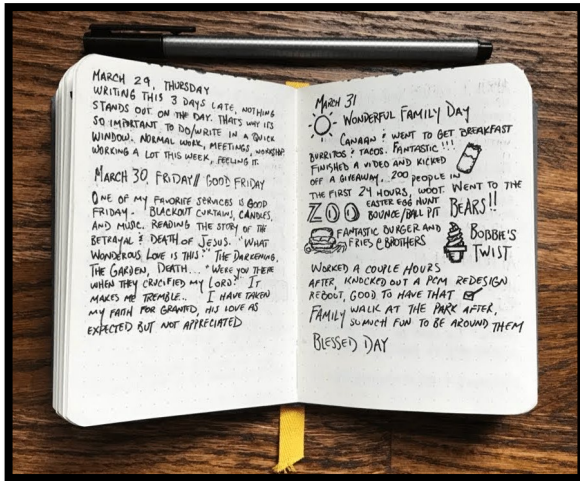


Journal

It's important that we count our successes especially in early sobriety. Sometimes it can feel like everyone is against us or that they are all just waiting for us to relapse again so we need to be diligent to count our successes.



Each day you complete a chemical free day is a success to be counted. There are going to be good days and some really challenging days so give yourself extra credit for making it through challenging days without using drugs or alcohol.

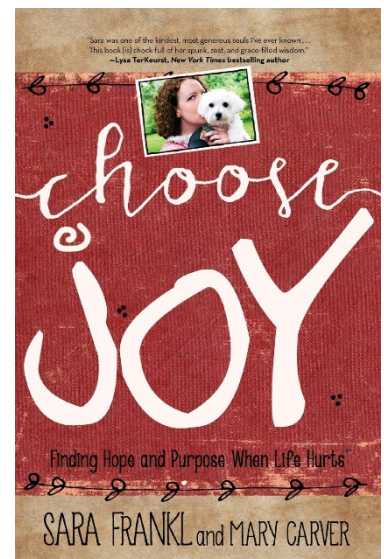
I chose to journal everyday about 1) how well I took care of myself and 2) what challenges I faced and how I dealt with them. I even gave myself a score on a scale of 1-5 with 1 being the worst and 5 as the best. I truly

worked for straight 5s because making each day great is a personal choice.

You may not agree with me that each day can be a great day because your attitude is the one thing you can choose for yourself. Even in the midst of challenges, we can see the good. It's simply a matter of whether or not you will choose to see the good in things. In early recovery I read a book called Choose Joy by Sara Frankl.

Her story taught me that despite tremendous personal challenges we have choices and those choices can make a huge difference in our life but also in other's lives. What will you decide?

You can choose to track your self-care in your journal in order to stay on top of essential things like: getting proper sleep, getting out in nature, eating healthy foods, drinking lots of water, and staying away from excess caffeine and sugar. I also chose to limit the amount of chaos in my life because increased stress always led me straight back to the bottle. I didn't hang out with family or friends that were particularly challenging until I felt stronger in my recovery.



Journaling can give you an outlet for your thoughts, help you keep track of things you desire to remember each day, and provide you with something to refer back to as you grow into the new sober person you are choosing to become!